

# HIKING & BIKING



in the New River Basin

The New River Basin offers many opportunities to enjoy and explore nature through walking, hiking and biking. This list includes places with at least a few trails for easy to moderate activity. Keep in mind that at some mountain sites, the steepness of terrain may limit easy activity, other than at an overlook or short path. Many sites include views of streams, rivers, creeks, lakes and/or waterfalls. Remember that some trails are multi-use, serving pedestrians, bicyclists, equestrians and other recreational users. For information about urban and regional bikeways, visit <http://www.ncdot.org/transit/bicycle>.



## ● HIKING ●

### 1 Appalachian State University Nature Preserve

<http://www.appstate.edu> ● 67 acres ● Several miles of trails and a natural pond.

### 2 Cumberland Knob

<http://www.blueridgeparkway.org/maps.ht> ● 1,000 acres ● 3.1 miles of trails, including an easy 15-minute loop or 2-hour loop following a stream with several cascades.

### 3 Green Valley Community Park

<http://www.greenvalleypark.org/> ● ~19 acres ● ~1 mile of trail in a fledging natural park beside the New River.

### 4 Moses H. Cone Memorial Park/ Blue Ridge Parkway

<http://www.nps.gov/blri/conepic.htm> ● 3,517 acres ● About 25 miles of carriage trails through coves, forests and pastures on the former estate of the 19th-century textile mogul, including a 1.7-mile loop around the 22-acre Bass Lake.

### 5 Mount Jefferson State Natural Area

<http://ils.unc.edu/parkproject/visit/moje/home.html> ● 568 acres ● 1.4 miles of trails through botanically rich oak/chestnut forests.

### 6 New River State Park

<http://ils.unc.edu/parkproject/visit/neri/home.html> ● 1,590 acres ● 3.7 miles of trails through rhododendron thickets, open fields and oak/hickory forests flanking the river.

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### 7 Boone Greenway

<http://www.townofboone.net/> ● 3-mile trail along the New River.

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